SPRING NEWSLETTER



Issue 5, April 2023

Survivor Leadership Collective



Dear SLC members and friends,

As we look forward to the change in season, we want to express our appreciation for your continual support. Take a look at this newsletter to learn more about past events and upcoming opportunities to get connected to us.

Also, a reminder that there is support and resources just an email or phone call away. Feel free to reach out to us at slchealing.com or call The Center for Violence Prevention and Recovery at 617-667-8141.
We wish you peace and blessings!

Warmly,
The SLC Advisory Board





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SEXUAL ASSAULT AWARENESS MONTH



April is Sexual Assault Awareness Month (SAAM). This year's national theme is *Drawing Connections: Prevention Demands Equity*. This campaign emphasizes the importance of ending all forms of oppression in order to prevent sexual abuse, assault, and harassment. It calls on all individuals, communities, organizations, and institutions to change ourselves and the systems surrounding us to build racial equity and respect. We have included events and workshops in which you can be involved this month.

Sexual Assault Awareness Month Events:

- Boston University School of Social Work (BUSSW)
- Assistant Professor Daniel Jacobson López will discuss the effects of racism and homophobia on the sexual assault reporting process in a virtual Scholars Series event.

- Date & Time: Friday, April 14, 12:00 – 1:30 pm (ET)
- Location: Virtual (Zoom)
- Details & Registration: This event is open to the public.
- Register here with this **link**: https://www.bu.edu/ssw/4-14-prof-jacobson-lopez-shares-expertise-bu-lgbtqia-scholars-series-event/?utm_source=mailchimp&utm_medium=email&utm_campaign=news_roundup_2_24_23&mc_cid=d457e7302a&mc_eid=8e711fb99e





- Trauma-informed Yoga Class
- SLC and CVPR are offering a free, trauma informed yoga event for survivors.
  - Date: Sunday, April 23
  - Location: Down Under School of Yoga
  - Details & Registration: Email or Call Chelsea for more event information and to RSVP. (cdavies@bidmc.harvard.edu or 617-667-1040)

  - See page 4 for flyer

Sexual Assault Awareness Month Events Continued:

SAAM events the YWCA Northeastern MA - Haverhill Site

Clothesline Project

Date & Time: Thursday, April 13th, 4:00pm – 7:00pm
Location: 107 Winter St, Haverhill, MA 01830
Survivors and/or loved ones can come and design an expressive t-shirt.
We will have music & refreshments will be available.
*See page 5 for flyer

Self-Care Bags

Starting April 13th, we will be handing out self-care bags. Survivors/clients can stop by the YWCA in Haverhill and receive a self-care bag.
When someone stops by, they have the option to add their favorite quote/affirmation to our Positive Affirmations board.

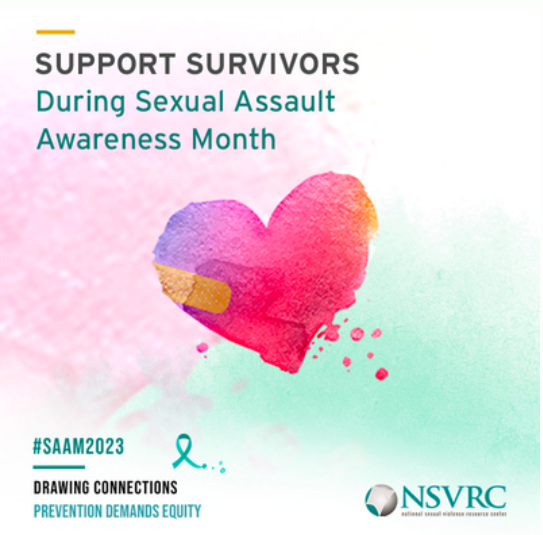
Understanding Shame & Guilt Workshop

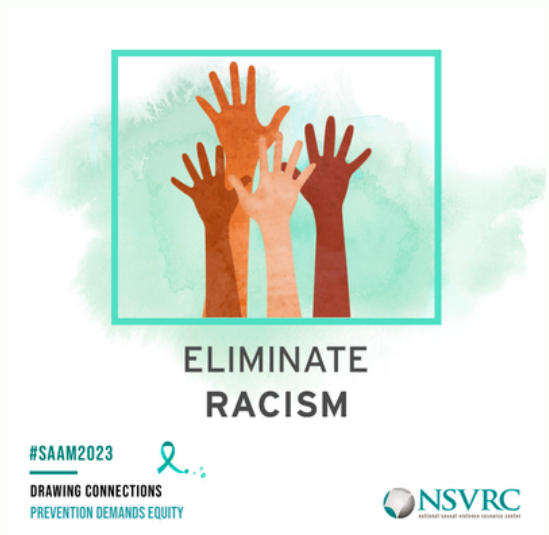
Date & Time: Wednesday, April 26th, 11:00am – 12:30pm
Location: 107 Winter St, Haverhill, MA 01830
This will be offered on zoom AND in person
Call the Haverhill Site to register. Phone: 978-374-6121
*See page 6 for flyer

BARCC Walk for Change 2023

Choose to walk in-person or walk “from anywhere” and create your own route, but no matter where you walk, you are helping to advance the fight against sexual violence and support survivors through healing and empowerment!

Date & Time: Sunday, April 23, 8:30am - 2pm
Location: DCR’s Constitution Beach in East Boston
Who: BARCC survivors, friends, family members, activists, staff, interns, volunteers, and others!
Registration:
https://barcc.org/join/events/walk#:~:text=When%20is%20the%20Walk%20for,Constitution%20Beach%20in%20East%20Boston.







APRIL IS SEXUAL ASSAULT AWARENESS
AND PREVENTION MONTH

TRAUMA INFORMED

Yoga Class

FOR SURVIVORS



APRIL 23, 2023

PRESENTED BY **THE SURVIVOR LEADERSHIP COLLECTIVE** AND THE
CENTER FOR VIOLENCE PREVENTION AND RECOVERY OF BIDMC

Beginners and All Levels Welcome! Please reach out for more event details & RSVP by April 21st to:
cdavies@bidmc.harvard.edu P: (617) 667-1040

SLC

DOWN UNDER
SCHOOL OF YOGA

Center for
Violence Preventio
and Recovery

For Sexual Assault Awareness Month, The YWCA is holding two separate events:



The clothesline project is a powerful display of how violence is prevalent in our community. For survivors and/or loved ones who have been affected by violence, it is a means of expressing their emotions by designing a t-shirt. Please come join & us as we spread awareness on Sexual Assault and support those who have been afflicted.

When: *Thursday, April 13th, 2023*

4:00 pm - 7:00 pm

Where: **YWCA Northeastern MA** - *Haverhill Site*

107 Winter Street, Haverhill

978-374-6121



From April 13th- 30th, stop by the YWCA to grab a self-care bag! Feel free to leave your favorite quote on our positive affirmation board.

eliminating racism empowering women ywca

YWCA Northeastern Massachusetts

Presents :

Understanding Shame & Guilt

A comprehensive workshop for survivors to better understand the role shame & guilt plays in their lives & how to combat negative self-talk.

Wednesday, April 26th, 2023

11:00 am - 12:30 pm

Hosted On Zoom



To register, please call:

978-374-6121

eliminating racism
empowering women
ywca

AFFIRMATIONS FOR SPRING

- How to Use Spring Affirmations
- Try saying your spring affirmations out loud, in your mind or write them down in your journal on a daily basis. You can also email or text them to a friend, if that works for you. Choose just one of these affirmations or a handful of them, or simply use this list as a source of inspiration.

- I embrace all the new opportunities coming my way.
- I am blooming into the best version of myself.
- With each season, I am getting closer to achieving my goals.
- I am creating the space for new beginnings.
- This season, I will get everything I have been manifesting.
- I am doing a great job.
- I am powerful.
- Each new bloom I see symbolizes the newness I'm bringing into my own life.
- Spring is an opportunity to start again.
- Each new day is a chance to grow.
- I am abundant.
- I am open to the changes coming into my life.
- I am connected to the present moment.
- I am at peace with my surroundings.
- I trust the process.
- I am decluttering my heart and thoughts.
- I am cleansing and clearing my space.
- I am allowing the spirit of spring to wash over me.
- I make time for regular self-care.
- I am building new connections.
- I am shedding the things that are no longer serving me.
- I am reconnecting with nature.
- I have endless amounts of gratitude.
- The change in seasons is a reminder that I'm changing, too.
- Spring gives me new opportunities to move my body more.
- I am deserving of every good thing.
- My mind is open and clear.
- My heart is open and I am ready to receive.
- I love myself.
- The universe is supporting me.





https://www.silkandsonder.com/blogs/news/spring-affirmations

STRAWBERRY RHUBARB CRISP

DESCRIPTION

Maple-Sweetened Strawberry Rhubarb Crisp with Chia Seeds and a crumbly oat topping – a vegan, gluten-free dessert that highlights spring rhubarb.

INGREDIENTS

• 16 ounces strawberries
• 4 cups rhubarb, chopped into 1/2 inch thick slices (about 4-5 stalks)
• 1/2 cup maple syrup
• 4 tablespoons chia seeds
• 2 teaspoons corn starch
• 2 teaspoons lemon juice
• 1 teaspoon vanilla
• pinch salt

Crumble

• 1 cup GF rolled oats
• 1 cup almond flour (or sub other flour)
• 3 tablespoons maple syrup
• 1/3 cup melted coconut oil – or olive oil or butter or ghee!
• 1/2 teaspoon kosher salt
• 1/4 teaspoon ground cardamom– optional
• 1/4 teaspoon nigela seeds- optional

INSTRUCTIONS

1. Preheat oven 375F
2. Wash and quarter the strawberries. If very large, quarter again, so each piece is roughly ½ inch thick. Slice the rhubarb into ½ inch slices. Place both in a bowl and add the maple, chia, cornstarch, lemon juice and vanilla and pinch salt. Stir well. Place in a, greased, 8×8 baking dish or 2-quart baking dish. (The pan in the photo is 5 x12)
3. To make the crumble, place all ingredients in a medium bowl and mix really well.
4. Lightly drop crumble evenly over the top and do not press down.
5. Place in the oven, uncovered for 40 minutes. If the top is golden and the edges are bubbly, it's time to take it out.
6. Otherwise, continue baking for 5-7 more minutes. Let sit 15 mins before serving.

NOTES

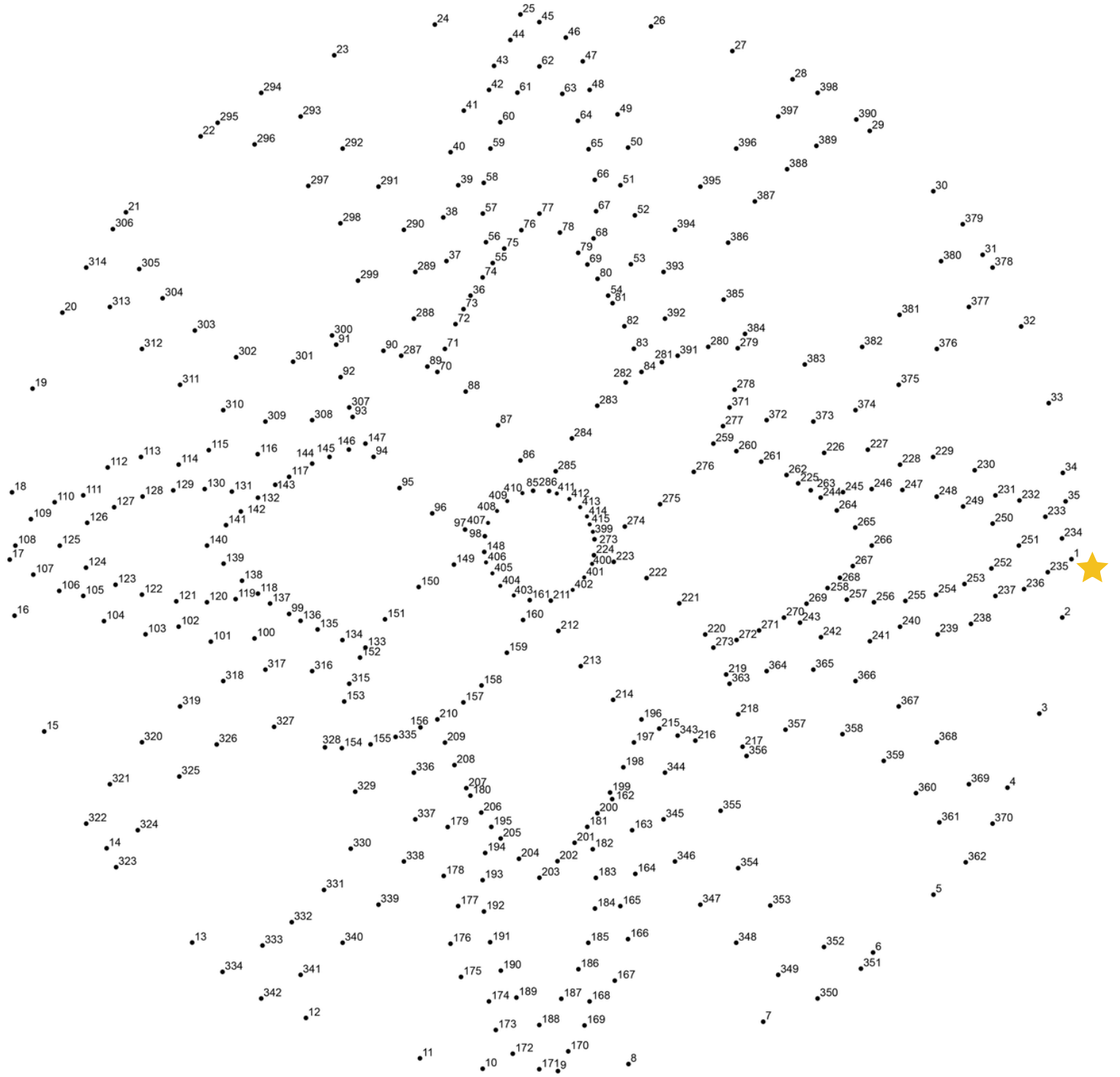
Serve warm with vegan vanilla, coconut, cardamom or strawberry ice-cream.
Leftovers are delicious cold and make a yummy breakfast.
Online link: https://www.feastingathome.com/maple-sweetened-strawberry-rhubarb-crisp-chia-seeds-vegan-gluten-free/



"DRAWING CONNECTIONS"

Connect by numbers Mandala activity

Using a writing utensil, start at the number 1 marked by the golden star and connect the numbers together.



Reflections

The seasonal celebration was a memorable event! We thank all those who came and participated in the crafts & poetry. We hope that the event was time of reflection and community. We also would like to welcome new SLC members who have joined us from the event.



- Updates on trauma-informed care (TIC) training video

We are putting the last finishing touches to the video. Stay tuned for information on the finalized work!

- Updates on "Stronger Together" Quilt Project

We are in search of volunteers who would be interested in helping us sew up the quilt pieces together to create 1-2 quilts. If you are interested or know of others who would be, please contact Aubrey ajun@bidmc.harvard.edu or Jo-Anne jochalla@bidmc.harvard.edu. Thank you so much!